The Anchor News

Your Anchor in the Community

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St. Joseph-Lincoln Senior Service Center
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768
DIRECTOR@SJLSC.ORG
WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM

ANNUAL SJLSSC PICNIC
"OUR SENIOR SUMMER OLYMPICS"

~ Friday, August 2nd
~ Doors open at 10:30 am
~ Enjoy games until 11:30 am
~ Lunch will be served at noon
~ $10.00 per person, no refunds
~ Meal selection required at time of sign up
~ Deadline to sign up Thursday, July 25th

Please join us for our Annual Picnic and help us to celebrate the 2024 Summer Olympics! Lunch will consist of grilled chicken breast, mashed potatoes and chicken gravy, green beans and a dinner roll. There are vegetarian options available. Please specify when signing up for the picnic which option you'd prefer. Dessert will consist of apple pie. This is a great time to get together with your friends, play some fun games, and enjoy delicious food. We look forward to seeing all of you there. **Please remember our Center will be closed the day of the picnic and the only transportation offered this day will be to the picnic.**

ELECTION FOR BOARD OF DIRECTORS

It is once again time to begin the process of electing new Board Members for a 3-year term. If you have a passion for our Center and can volunteer your time for meetings and projects, you might consider running for our Board of Directors. Our monthly meetings are on the third Thursday of every month at 10:00 am. Please see below for dates of the nominating/election process:

Aug. 9th Applications available at front desk
Aug. 15th Applications due by 4 pm
Sep. 19th Presentation of Nominees to Board
Sep. 27th Candidate interviews
Oct. 2nd Absentee voting 8 am-3 pm
3rd & 4th
Oct. 10th Board Election 8 am-3 pm
Oct. 17th Board Meeting with Election of Officers 10 am
Oct. 18th Annual Breakfast 9 am

MUST SIGN UP BY OCTOBER 11TH

RENEWAL OF SENIOR CENTER PROPOSAL

Please remember to vote on August 6th for the Renewal of the Senior Center Proposal. It is vital to the future of the seven Senior Centers in Berrien County and for the seniors in our community. **Mark your calendar for August 6th** and assist the Senior Centers in continuing to be a valuable resource in our County!

~Notes from the Board~

What do people think the 4th of July is about? Some may think it's all about fireworks, family reunions, going to the beach, enjoying the warm weather, water sports, and being off from work, but is that all that should be celebrated? Looking at the history of the 4th of July, it is really the meaning of independence.

It's a federal holiday, which means everyone gets the day off from work or school. This day is important to me because it marks the anniversary of the Declaration of Independence, a document signed on July 4, 1776. The Declaration of Independence declared the 13 American colonies were free from British rule.

For many, the 4th of July is an opportunity to relax in the sun, toss back a few drinks, and watch fireworks with their family and friends.

Here are some fun facts about the U.S. birthday that you may not know:

* We didn't actually declare independence on the 4th of July (official vote actually took place two days before and was published in papers on July 4th).
* Americans will enjoy 150 million hot dogs during the 4th (this is part of an estimated 7 billion that are expected to be eaten during the summer season from Memorial Day to Labor Day).
* There were only two men who signed the Declaration of Independence on July 4th, 1776 (Charles Thompson and John Hancock). The other 54 delegates signed over the course of the next month.
* Fireworks date back to 1777 (John Adams wanted Independence Day to be celebrated with pomp, parade, shows, and illuminations).
* Although an official national census was not completed until 1790, the U.S. Census Bureau estimates that there were only about 2.55 million people living in America in 1776 when it was signed. As of a 2023 census, it has grown to over 334.2 million people.

So this 4th of July when you are celebrating the holiday with family and friends and enjoying the summer weather with some type of beverage and fireworks, please remember how we got where we are today.

HAVE A SAFE AND HAPPY 4TH OF JULY!

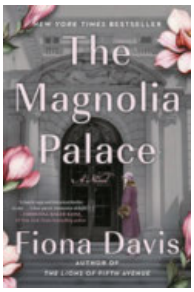
Bill Burrows
~SJLSSC Board of Directors~

HEALTHY EATS

Don't forget that starting July 8th we will have Base Bowls & Company who was awarded the 2024 Best New Business Award by the Southwest Regional Chamber here on **Mondays-Thursdays from 11 am-1 pm** to serve you fruit cups, fruit salad, pasta salad, and more. All of these choices will only be $5. They will also have turkey & ham croissant sandwiches with American cheese, mayo and lettuce for $6. On Thursdays they will be here to prepare fresh fruit smoothies for $6. **The method of payment will be cash only.** You will find this new service in the first room on the left hand side when you enter through our main entrance. If this service is well accepted by our membership, it is our hope to increase the menu. Please check this out, you won't be sorry!

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB



Wednesday, July 10th, 10:00 am

The book to read for the month of July is "The Magnolia Palace" by Fiona Davis. Leading the discussion will be Sally Matzke. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

BEST HEARING STORE - "HEARING AID CLINIC"

Monday, July 15th
By appointment only

Quinton Smith from the Best Hearing Store will be here once again to perform hearing tests, hearing aid repairs, and he will find you the best options for those that want help. **Please remember to call to reserve your appointment time.**

COOKIES & CANVAS

Friday, July 19th, 12:00 pm-3:00 pm
$20 per person, payable at sign up-NO REFUNDS
Make checks payable to Roy Hruska

The watercolor painting for the month of July is called "Beach Day on the Fourth." This painting is on a 9" x 12" canvas and all materials needed for this class are provided. **Remember to sign up soon.**

MOVIES AT THE CENTER!

Tuesday, July 23rd, 1:00 pm

We have a Public Performance License which doesn't allow us to name the movie title to the general public, so you won't find the title of the monthly movie here or on our website. We do advertise the name of the movie within the Center, so look for flyers or call the Center. **Please sign up to attend.**

NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center, but is the view of the presenting organization."

STAMP CAMP

Tuesday, July 30th, 12:00 pm-3:30 pm
$15 per person, payable at sign up-NO REFUNDS
Make checks payable to Caryn McFall

Join us as Caryn McFall returns for another class on hand stamped cards. This month's theme is Christmas in July. You will be making 8 cards with envelopes. All materials will be provided for you. **You will need to bring small scissors and double stick tape for this class. Sign up soon; this class size is limited.**

BABY IT'S COLD INSIDE

With warmer months here, the temperatures outside will be rising. We all have different body temperatures, so we ask that you dress accordingly for yours, so that you can be comfortable. We do keep the room temperatures down a little in the Gym and Circuit Training Room because of people exercising, but all other rooms will be set at a comfortable temperature for most.

FOOT CLINICS

By Appointment Only

Blessed Feet, LLC performs Foot Clinics at our Center two times a month. Please contact Jane Sherwin at 269-240-3437 with any questions and for appointments. This service is available to our members, but not a function of our Senior Center.

Our Senior Center has an Abuse Prevention Policy that prohibits any form of violence, abuse or harassment including verbal, sexual or emotional abuse. Copies of the policy are posted at the Center. Please report any incidents to the Executive Director.

TRIPS

HENDERSON CASTLE-MURDER MYSTERY

Kalamazoo - Wednesday, August 21st
$134 per person, payable at sign up

This trip includes round trip transportation, lunch and an interactive experience in a Murder Mystery. Prepare for a performance of intrigue, lies, and deception as you try to unravel all the clues and solve a case of murder. During the luncheon you will get to know everyone, share what you know and find out what you can. You will need all this knowledge to establish a motive for murder. This is a trip full of adventure. The mystery is set in the 1920's and 1930's with unique characters and original plots. We encourage you to dress for the "period", as it will only enhance your experience. Business casual or semi-formal dress is also accepted. You will have an hour before lunch to tour this beautiful castle. Before you head home you will have about 1-1/2 hours at the Kalamazoo Valley Museum to take in the exhibits. Sign up soon!

This trip must fill by July 8th or it will be cancelled. MODERATE ACTIVITY

HENRY FORD MUSEUM/GREENFIELD VILLAGE

Wednesday, September 11th
$120 per person payable at sign up

This trip includes round trip motor coach transportation and admission to the Henry Ford Museum and Greenfield Village. Get ready for a 12-hour day as you step into a world where past innovations fuel the imagination of many generations. At the Henry Ford Museum you can experience the strides of America's greatest minds, play pilot as you explore flight innovations, and explore many exhibits including Railroads, Presidential Vehicles, Heroes of the Sky, Made in America and more! At Greenfield Village, you can experience the sights, sounds and sensations of America's fascinating formation where 80 acres brim with resourcefulness and ingenuity. On the trip back you will stop at Culver's to grab dinner for the ride home. Sign up soon!

VERY ACTIVE ACTIVITY

CLUE - THE BARNS AT NAPPANEE

Thursday, October 17th,
$129 per person payable at sign up

This trip includes round trip motor coach transportation, a Historical House & Wagon Tour, all you can eat buffet, and a theatre performance of Clue. Upon arrival, you will take a tour of a historical house, which reflects the Amish lifestyle. Then you will feast on a family style dinner before the theatre performance. Clue, a popular game, is now a fun filled musical that brings the world's best known suspects to life and invites the audience to assist in solving the mystery. Who killed Mr. Boddy, in what room, and with what weapon? Comic antics, witty lyrics, and a beguiling score carry the investigation, with a surprising twist. If you are up for a little adventure, sign up soon! **MODERATE ACTIVITY**

****WAITING LIST****

Beautiful ~ July 14th
Vermont ~ September 22nd-28th

MOST OF OUR TRIPS FILL UP QUICKLY, BUT REMEMBER WE ALSO HAVE MANY PEOPLE CANCEL DUE TO PERSONAL CIRCUMSTANCES. SO IF YOU SEE A TRIP THAT INTERESTS YOU, GET ON THE WAITING LIST BECAUSE YOU MIGHT GET A CALL THAT WE HAVE A SPOT FOR YOU!

TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. **All people signing up for our trips must be a member.** If you are signing up for someone else, please make sure you know their phone number. Trip participants are required to stay with the Center group for all planned activities. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a $10.00 administrative fee, are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

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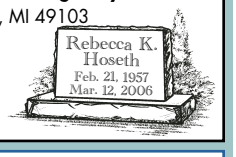

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QUILT RAFFLE

Our St. Joseph-Lincoln Senior Service Center Quilters have created another beautiful work of art. This quilt is called "Woven Dreams" and the size is 82" x 96". The raffle will end at our picnic on August 2nd. You do not need to be present to win. Tickets are $1 each or 6 for $5, with a weekly winner drawn to receive 5 free tickets. If you would be interested in helping to sell raffle tickets, please see Sharyl. Many thanks to the quilting ladies for all of your hard work and creativity.

LOAN EQUIPMENT

Do you need a cane, walker, or maybe a wheelchair? You can borrow anything from our Loan Closet for up to 2 months at no charge, if you are 60 years of age or older. We also sell items when we have an overabundance. You can't beat our prices, so check here first if you are in need of anything. Thank you!

UKULELE BEGINNER CLASS

We will once again be offering beginner classes for ukulele in September. If you would be interested in taking this class, please stop at the front desk and add your name to the interest list. **This is a progressive class and it meets on Tuesdays at 2:00 p.m.**

2024 COMMUNITY RECYCLING EVENTS

September 14th, Saturday - 9:00 am-1:00 pm
Silver Beach County Park, 101 Broad Street, St. Joseph
October 5th, Saturday - 8:00 am-12:00 pm
Southeast Berrien County Landfill Recycle Center, 3200 Chamberlain Road, Buchanan

BAKERS NEEDED

The Center's Annual Picnic will take place on Friday, August 2nd and there will be a raffle for wonderful summer treats. If you would be interested in putting your baking skills to use and contributing to this fundraiser, please call the Center to leave Pauline a message or stop by the front desk and leave your name & phone number and she will contact you. Thank you!

LIVELY STEPPERS-SJLSSC WALKING PROGRAM

Did you know every 500 additional steps taken daily can decrease the risk of a cardiovascular event or stroke by 14%? Every 1,000 additional steps taken daily decreases the risk by 30%. The National Health Standard's recommendation is 10,000 daily steps. Start stepping now if you would like to train for our Walkathon Fundraiser. The Lively Steppers program began May 13th. We have accumulated over 1,035 miles as a group in the first 3 weeks. **Please turn in your miles for May and June. The collection box is by the monitors in the front hallway.** All exercise counts as steps. Twenty minutes of exercise converts into 1 mile. If you have questions or would like to volunteer, please call the Center and leave a message for Jean Green. She will get back with you as soon as possible.

REFRESHER BRIDGE

Bridge is back. This is a refresher course for those who are already **experienced in the game of bridge**. Mary Moore will be here to help reacquaint you with the game of bridge and, if you are a skilled player, this will help you hone your card skills even more. Bring your friends and have a great time! **This class meets on Mondays at 1:00 pm in the Card Room.**

DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND - Made to ensure long term sustainability of our organization.

BUILDING FUND DONATIONS - Made to contribute to our direct building expense.

FORGET-ME-NOT SOCIETY - Honoring those who choose to make a legacy gift to the SJLSSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.

HONORARY DONATIONS - Made in honor of someone who has enriched your life.

MEMORIAL DONATIONS - Made in memory of a friend or loved one who has passed away.

PROGRAM DONATIONS - Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or the Wild Flower Trail.

PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!

SJLSSC LIBRARY

Did you know our Senior Center Library has biographies, fiction and nonfiction genres and all of these categories also in audio books and large print? We also have many magazines and periodicals, DVD's of movies, musicals, television and documentaries. We have something for all interests! Be sure to visit our Library!

Volunteers are love in motion!

CURRENT FUNDRAISERS

QUILT RAFFLE - Our Quilting Ladies put together another beautiful quilt to be raffled off. This next piece of work is called "Woven Dream", which is 82" x 96". The raffle will end at our picnic on August 2nd. Tickets are $1 each or 6 tickets for $5. A weekly winner will be drawn to receive 5 free tickets.

WALK-A-THON - Our newest fundraiser is a Walk-A-Thon scheduled for September 7th from 10:00 a.m.-2:00 p.m. right here at the Senior Center. Please support this fundraiser by 1) walking in the event or 2) volunteering to help at it.

WALKING TRAIL BRICKS - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. **Bricks ordered now will be available in December of 2024.** Order forms can be emailed, mailed, or picked up at the front desk.

MAHJONGG - CHINESE TILE GAME

Would you like to know more about it? Please join us on Wednesdays from 1:00 pm-3:00 pm. It is a good way to keep your mind active!

COMPUTER LAB HOURS

Our Computer Lab is back to its normal operating hours on Wednesdays from 1:00 pm-4:00 pm. If you have computer or cell phone questions, feel free to stop in.

BINGO

Thursday, July 11th, 1:00 pm $1
Thursday, July 25th, 1:00 pm

PLEASE DO NOT ENTER THE GYM UNTIL ROOM IS SET UP

RECURRING SCHEDULE

MONDAYS
9:00 am - Resistive Exercise
9:30 am - Quilting Group
10:00 am - Calisthenics
10:00 am - Jokers and Marbles
11:00 am - Balance Class
12:00 pm - Tai Chi
12:30 pm - Hand & Foot Cards
12:30 pm - Art Co-Op **See display case for weekly topic**
1:00 pm - Refresher Bridge ****NEW****
1:15 pm - Beginning Line Dancing
1:45 pm - Intermediate Line Dancing

TUESDAYS
9:00 am - Resistive Exercise
9:30 am - Pinochle
10:00 am - Range of Motion
11:00 am - Chair Drumming
12:30 pm - Advanced Pickleball
1:00 pm - Euchre
12:30 pm - Advanced Ukulele
REGISTRATION REQUIRED
2:00 pm - Beginner Ukulele
REGISTRATION REQUIRED

WEDNESDAYS
9:00 am - Resistive Exercise
9:00 am - Greeting Card Making
10:00 am - Calisthenics
11:00 am - Balance Class
11:45 am - Cardio Drumming
12:00 pm - Parkinson's Exercise
REGISTRATION REQUIRED
12:30 pm - Dominoes
1:00 pm - Computer Lab
1:00 pm - Mah Jongg
1:00 pm - Advanced Pickleball
1:00 pm - Stitch & Chat
2:30 pm - Intermediate Pickleball

THURSDAYS
9:00 am - Resistive Exercise
10:00 am - Range of Motion
11:00 am - Tai Chi
12:30 pm - Beginner Pickleball **1st & 3rd WEEK**
12:30 pm - Scrabble
12:30 pm - Hand & Foot Cards
1:00 pm - BINGO **2nd & 4th WEEK**
2:00 pm - Intermediate Pickleball **1st & 3rd WEEK**

FRIDAYS
9:00 am - Chair Yoga **No class July 5th & July 26th**
10:30 am - Beginner Pickleball
12:00 pm - Parkinson's Exercise
REGISTRATION REQUIRED
12:00 pm - Intermediate Pickleball
1:00 pm - Euchre
1:00 pm - Sit & Share-Parkinson's Support Group
LAST FRIDAY OF EACH MONTH

Class descriptions are posted outside the gym & information is available at the front desk.

WHAT WE HAVE TO OFFER

- Arts/Crafts
- Betty Kohn Outdoor Fitness Zone
- Book Club
- Cards/Games
- Circuit Training Room **OPEN 9 am-3 pm**
- Commodity Distribution
- Community Resource Center
- Computer Lab/Computer Classes
- Educational Programs
- Fitness Classes
- Foot Clinic
- Friendship Garden (Seasonal)
- Garden Nook
- Golf League (Seasonal)
- Hanes Family Wild Flower Trail
- Lending Library
- Lively Steppers (Outside Walking Group-Seasonal)
- Loan Closet
- Lunch
- Monthly Movies
- Parkinson's Support Group (Sit & Share)
- Pickleball
- Priscilla Upton Byrns Walking Trail & Gardens
- Puzzles (to take home)
- Softball (Seasonal)
- Transportation In Our Service Area
- Trips
- Ukulele Classes **REGISTRATION REQUIRED**
- Video of Circuit Training Room Equipment On Our Website
- Videos Of Exercise Classes On Our Website
- Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- Volunteer Opportunities
- Website & Facebook
- Wood Shop **OPEN 9 am-3 pm**

VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

⇒ Art/Craft Classes
⇒ Commodities Distribution
⇒ Front Door Greeters
⇒ Fundraising - Quilt Raffle, Super Books
⇒ Handymen or Handywomen
⇒ Light Ironing
⇒ Newsletter Mailing
⇒ Transportation Drivers
⇒ Wood Shop Hosts

If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.

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IMPORTANT REMINDERS

- ◊ Remember to sign in when entering the building for any reason, even to sign up for a trip, returning a library book or signing up for a program. You need to go through the screens until you find the activity/activities you are here to attend and remember to hit **FINISH** when done so it will log your day's activities.
- ◊ Please arrive at least **10 minutes** before a program is due to begin so you are not interrupting a program by arriving late.
- ◊ The Library is not currently accepting donations at this time, with the exception of magazines less than 3 months old. Also, we do not accept VCR tapes. We thank you for all the donations you have made.
- ◊ We are accepting Halloween and Thanksgiving cards. We are in need of light pink, beige, blue, and lavender envelopes. **We do not need Christmas cards at this time.** We cannot accept torn or yellowed cards. Thank you so much for your donations!
- ◊ Please call ahead if you need loan equipment.
- ◊ Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.
- ◊ If you cannot attend a program you've signed up for, please call and cancel.
- ◊ Please remember if you have robo call blocker, you will not receive our calls.
- ◊ Please remember to sign up for all programs that you'd like to attend. Thank you!
- ◊ Please check the Recurring Schedule (page 8) every month because if we know that a class is cancelled when the newsletter goes to print, we will note it and you will not receive a robo call.
- ◊ **VOLUNTEERS** - Please remember to sign in on the monitor as Volunteering and record your volunteer hours. Please do both of these tasks so you are accounted for on our daily number of people in our building.
- ◊ To be eligible to use the services at our Senior Center, you or your spouse need to be 60 years of age or older. You need to be in our service area to use our transportation, run for our Board of Directors and/or vote in our Annual Board Election.

WOOD SHOP INFORMATION

Below is some general information about how our Wood Shop operates. For more details please call or stop at the front desk.

CURRENT HOURS/DAYS OF OPERATION

Monday through Friday 9:00 am-3:00 pm

To use the Wood Shop, you must be a current member of SJLSSC and make an appointment to **sign up for a mandatory Safety Orientation Class, which are on Wednesdays only.** You can make an appointment for orientation at the front desk, which is approximately 3 hours. **You need to sign up 2 business days in advance to attend an orientation. Everyone will pay $20 to take the orientation. This fee will include a 1-month membership, which will start on the 1st business day after the orientation. Also included for this price is a project, which will include all materials to be completed during your first month.** Safety glasses are mandatory. If you do not have a pair, you can purchase them at the front desk; $2 for regular safety glasses and $5 for glasses that fit over a prescription.

To use the Wood Shop after orientation, you need to have an active Wood Shop membership and sign all membership documents. **All fees are to be paid at the front desk before you can use the Wood Shop.**

Wood Shop Member Payment Plans

- * $5 daily fee
- * $20 monthly fee or $10 if paid 16th-end of the month (This pro-rated fee only applies the first time you use the Wood Shop. After initial payment, total monthly fee applies).
- * $30 monthly fee for couples or $15 if paid on or after the 16th of the month (This pro-rated fee only applies the first time using the Wood Shop. After initial payment, total monthly fee applies).
- * $200 yearly fee or $300 yearly fee for couples.

NO REFUNDS AFTER PAYMENT IS RECEIVED.

Please ask for a copy of the Member Guidelines so you are aware of how our Wood Shop operates.

If you would like an email reminder when the newsletter is online, please email us at assistant@sjlsc.org

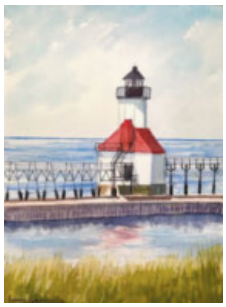
YOUR IDENTITY - STAYING CONNECTED AND PROTECTED

Monday, July 1st, 10:00 am

Identity theft is widespread and varied. Jo Ann Flowers from AARP will present this 60-minute program which will allow the participant to review their ID protection checklist and learn steps the participant can start using today to help protect their identity. **Please sign up to attend.**

ART CO-OP WATERCOLOR WORKSHOP

Monday, July 8th, 12:30 pm-3:00 pm
$30 per person, payable at sign up NO REFUNDS
Make checks payable to Karen Garavalia
Please sign up by July 5th, limited to 15 people



Join us for another fun workshop with watercolorist Karen Garavalia. We will be painting a rendition of the St. Joseph Lighthouse. Karen will share her knowledge in watercolor and illustrative techniques with step by step instruction. This project is for intermediates; however, beginners are also welcome. All materials needed will be provided.

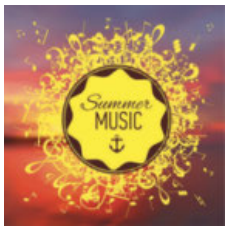
WELLNESS COACHING

Tuesday, July 9th, 1:00 pm

Kelly Williams is a Certified Wellness Coach and she will be here to discuss ways designed to empower you with the knowledge, tools, and support you need to make positive changes in your physical, mental and emotional well-being. These things can improve your nutrition, manage stress, boost your fitness, or enhance your overall quality of life. **Please sign up if you would like to attend.**

OUTDOOR CONCERT

Thursday, July 11th, 1:00 pm-3:00 pm



It's that time of year again. Please join us for our first outdoor concert of the year with Acoustic Buffet. If you are looking for some music that isn't the same ol' Top 40 cover songs then this is the concert you should attend. The Acoustic Buffet includes songs that bring back memories, along with some tunes you may not recognize from some well-known artists. Their music is acoustic with a bit of humor thrown in for fun. The playlist includes lesser-known songs from artists such as Gordon Lightfoot, Kris Kristofferson, CSNY, John Prine, and many others. **Remember to bring your lawn chairs. If the weather is a problem, the concert will be moved indoors to the Activity Room.** You can grab some lunch or a snack at Healthy Eats here at the Center before the concert. We look forward to seeing you there!

WOOD SHOP - KEEPSAKE BOX

Thursday, July 18th, 9:00 am-12:00 pm
$35 per person, payable at sign up - NO REFUNDS

Would you like a chance to make a keepsake box? Now you can in our Wood Shop under the guidance of our wood crafters! Instructor Tom Hurst will teach you how to make your very own keepsake box and even embellish it with the laser engraver. **Space is limited, so sign up soon!**

THE RIGHT INFORMATION & DIRECTION

Monday, July 22nd, 10:30 am

In 2023 Michigan residents lost $152 million to fraud. Older adults continue to be targeted by a wide range of scams aimed at taking their money and identification information. Falling prey to the schemes of fraudsters can have a devastating financial and emotional impact on victims. The best defense to protect people from scams and fraud involves education and awareness. Kelly Laesch from the Berrien County Sheriff's Department will be here to tell you how to recognize the common signs of scams and provide tips on how to avoid them. **Please sign up to attend.**

PEACE OF MIND

Tuesday, July 23rd, 10:30 am

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, Veteran's benefits, cremation, burials, and more. Mark Casey of the Starks Funeral Homes will be hosting this event. **Please sign up to attend.**

HOME SAFETY & SECURITY

Monday, July 29th, 10:30 am-12:00 pm

Learn the top 5 most common hazards in your home! The main causes of house fires, how to deter criminals and the current statistics of home invasions in your area! This class will help you identify the risks in your home and teach valuable tips on how to secure it. A PowerPoint led presentation with interactive discussions and demonstrations by Steve & Jill Phenegar. **Space is limited, so please sign up to attend.**

NAVIGATING NUTRITION WITH DIABETES

Tuesday, July 30th, 11:00 am

Do you have a diagnosis of pre-diabetes or diabetes? Did you know that what you eat and how you move can impact your risk for complications of diabetes? Meet Melissa Powell, RD with Area Agency on Aging to learn more about managing your blood sugars. We will review tips for meal planning, healthy snacks, carbohydrate foods and more. **If you'd like to attend, please remember to sign up.**

ART CO-OP-CREATE WITH CLAY WORKSHOP

Monday, August 5th, 1:00 pm-3:00 pm

$27 per person, payable at sign up - NO REFUNDS

Make checks payable to Create with Clay

Please join us for a "Gnomes in the Garden" workshop. You will create a 9" gnome under the awning in the Senior Center's Garden. Your work will be fired and available to glaze 2 weeks later and then returned to the Senior Center for pick up. **Space is limited so sign up soon!**

LIFE CARE PLANNING

Tuesday, August 6th, 10:30 am

What is Life Care Planning? Attorney Bill Westerbeke will be here to discuss how Life Care Planning legal services works and how to combine Care Advocacy, Asset Protection, Estate Planning, and Medicaid through a holistic approach focused on helping families with every aspect of caring for someone with a chronic illness. In essence, Life Care Planning legal services help people find and pay for good long-term health care by bundling asset protection, Medicaid benefits qualification, long-term care services coordination, community and nursing home advocacy, and crisis intervention. **If you would like to attend this presentation, please sign up.**

MEDITERRANEAN MUNCHING

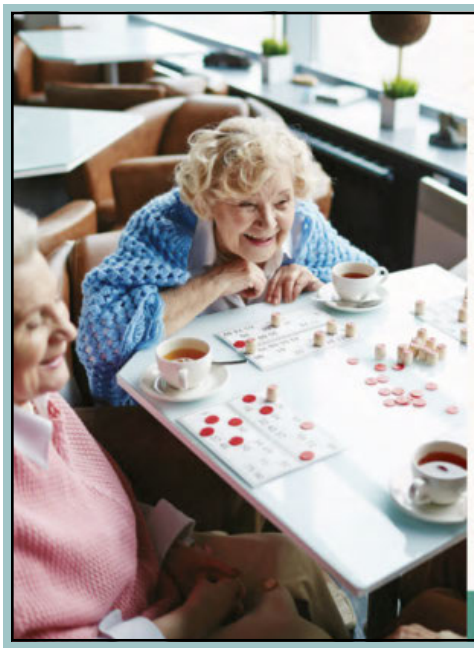
Tuesday, August 13th, 11:00 am

Looking for a healthy eating pattern to reduce cardiovascular risks, reduce inflammation, and support healthy aging? Melissa Powell, RD with the Area Agency on Aging will be here to present how the Mediterranean Diet has proven to help with these things and more. Learn what foods fit into a Mediterranean style of eating, how to incorporate specific foods into your daily eating and tips to get started. **Please sign up to attend.**

OUTDOOR CONCERT

Thursday, August 15th, 1:00 pm-3:00 pm

Please join us for our 2nd outdoor concert of the year. Mike Struwin returns and will be performing a myriad of genres, including Americana/Blues and Bluegrass/Roots/Folk/Soul and even reggae. Please bring your own lawn chairs and **if the weather is a problem, the concert will be moved indoors to the Activity Room.** We look forward to seeing you!



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MEALS on WHEELS
– OF SOUTHWEST MICHIGAN –
Senior Nutrition Services Region IV

Menu Is Subject To Change
Without Notice
Lunch is served 11:15 am-12:00 pm
Vegetarian meal also available
JULY
CALL 269-921-0136 TO SIGN UP
PLEASE CALL BY 10:30 AM 2 DAYS IN ADVANCE TO MAKE OR CHANGE LUNCH RESERVATIONS
****

Meals are Funded in part by

REGION IV
Area Agency on Aging, Inc.
SPECIALISTS IN AGING

Served in partnership with the Senior Center and Senior Nutrition Services, DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mac-n-cheese Seasonal vegetable Mandarin oranges	2 Pizza pasta Cooked spinach Lima beans Seasonal fruit	3 Cheeseburger Potato wedges Seasonal veggie Mixed fruit cup	4 Happy 4th of July CENTER CLOSED	5 Pulled pork sand. Coleslaw Baked apples w/cinn.
8 Ranch chick. cass. Fiesta blend corn Apple	9 Swiss steak Whipped potatoes Beets Peaches	10 Chef salad Mandarin oranges	11 Baked whitefish Peas and carrots Steamed squash Fruit cocktail	12 Beef enchilada Steamed corn Fruit crisp
15 Beef stroganoff Sugar snap peas Berry applesauce	16 Turkey meatloaf Whipped potatoes 5-way mixed vegs. Seasonal fruit	17 Loaded baked pot. Peas and carrots Fruited jello	18 Meatball sub Seasonal veggie Fruit crisp	19 Brat on a bun Baked beans Green beans Mandarin oranges
22 Vegetable lasagna Tossed salad Seasonal vegetable Peaches	23 BBQ chicken Green beans Tossed salad Cornbread	24 Salmon burger Coleslaw Seasonal fruit	25 Tater tot cass. Blueberry crisp	26 Egg bake Turkey sausage links Mandarin oranges Birthday cake
29 Turkey burger Baked beans Roasted carrots Diced pears	30 Beef & broccoli Stir fry veggie blend Pineapple	31 Chicken Caesar Salad Cucumber slices Apple		
			Meals provide Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!

We would like to take this moment to thank a very generous donor for the new and state of the art equipment for the Circuit Training Room. Your very generous gift will bring so much joy to our members who frequent our Center for years to come. Your kindness and support means more than we can express!!

To everyone who brings goodies or snacks: Tim Johnson, Joan Peden, Mary Sundblad, Adolf Pelzer, Pauline Fox, Tim Kragt, Sally Matzke, Sharon Kabel, Erika Lucius, Celina Bevelhymer, Mary Jane Hiler, Loni Maki, Kathy Steinke, Gregg & Kim Blanchard, Judy Weage, and Fay Pressnitz.

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Jeff Yircott, Lydia Groth, John Boldt, Dolores Frantz, Hilda Kemper, Jaci Brenneke, Cindy Allen, Deb Vliet, Pilgrim Congregational Church, Denny Meadows, Amy Reutlinger, Medrith Teichert, Jane Jeffery, Sue Duringshoff, Deb Johnson, Julie Crane, Julianne Testa, Lisa Hilton, Else Elsner, Celina Bevelhymer, Ed Baginske, Andy Zuber, Perla Tolentino, Scott Vince, Phyllis Herod, Christine Wright, Erika Lucius, Dennis Conklin, Judy Kramer, Linda C., Jeannette Jeske, Judy Weage, John Boldt, Cindy Allen, and Carol Gardell.

MONETARY CONTRIBUTIONS:

* All the anonymous transportation riders along with Erlinda Huntington for *Donations to our Transportation Program.*
* Karen Schiltz, Lynn Hardke, Elfie Krebs, Phay & Hong Son, Anneliese Keehn, Anonymous Donors, and Daniel Tonkel made a *Donation to our Building Fund.*
* Adolf Pelzer made a *Donation for a Water Bottle Refilling Station.*
* Alan Golichowski made a *Donation to the Wood Shop.*
* Anonymous Donor made a *Donation of New Equipment for the Circuit Training Room.*
* Jaci Brenneke made a *Donation to the Circuit Training Room.*
* Julianne Testa made a *Donation to our Library.*
* Anonymous Donors made a *Donation to Pickleball.*
* Ken & Carol Nolte made a *Donation In Memory of Tom DeVries.*
* Rebecca Gilbert, Roger & Kathy Schermer, and Larry & Cristle Dobberstein made a *Donation In Memory of Connie Letke.*

We'd like to express a BIG THANK YOU to Papa Vino's for partnering with us in our fundraising efforts. We greatly appreciate it, and we know others do too!

Thank you to everyone who purchased a Super Book from our Senior Center!

WISH LIST: Muffins, individually wrapped candy, store bought breakfast pastries, coffee cakes, bottled water, regular and especially decaffeinated coffee, Sweet & Low, Equal, coffee stirrers, and sanitary wipes.

WALK-A-THON FUNDRAISER

Our newest fundraiser is a Walk-A-Thon scheduled for September 7th from 10:00 a.m.-2:00 p.m. right here at the Senior Center. Please support this fundraiser by 1) walking in the event or 2) volunteering to help at it. Walkers will use an official envelope for donations from their supporters. These will be available soon at the reception desk.

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Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.

Executive Board Members

President	Pauline Fox
Vice President	Tim Kragt
Secretary	Patty Nordberg
Treasurer	Bob Hopkins

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Celina Bevelhymer, Bill Burrows, Mark Johnson, Rocco Pavese, Ted Post, Jerry Radenbaugh and Cheryl Ryno

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Executive Director	Cindi McLaughlin
Support Associate	Sharyl Freehling
Receptionist	Julie Hartman
Administrative Assistant	Sandy Draper
Staff Assistant	Lynn Vince
Building Custodian	Tai Huynh
Sr. Nutrition Manager	Bill Schiffbauer

AND ALL OUR WONDERFUL VOLUNTEERS!

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

JULY ACTIVITIES

1 Your Identity - Staying Connected 10:00 am
4 **CENTER CLOSED - HAPPY 4TH OF JULY**
8 Watercolor Workshop 12:30 pm-3:00 pm
9 Wellness Coaching 1:00 pm
10 Book Club 10:00 am
11 Bingo 1:00 pm - $1
11 Outdoor Concert 1:00 pm-3:00 pm
15 Best Hearing Store -Hearing Screening
BY APPOINTMENT ONLY
18 Wood Shop Keepsake Class 9:00 am-12:00 pm
18 Board Meeting 10:00 am
19 Commodities - 9:00 am-11:00 am
19 Cookies & Canvas 12:00 pm-3:00 pm
22 The Right Information & Direction 10:30 am
23 Peace of Mind 10:30 am
23 Movie 1:00 pm
25 Bingo 1:00 pm
29 Home Safety Class 10:30 am-12:00 pm
30 Navigating Nutrition with Diabetes 11:00 am
30 Stamp Camp 12:00 pm-3:30 pm
31 Newsletter Mailing 9:00 am

IMPORTANT INFORMATION

We are asking that everyone exit our Center by 3:45 pm so the Staff can securely close our building. We appreciate your cooperation!